

**A shoe outsole, comprising:**

an outer member including an inner heel region; and  
an inner member located in the inner heel region and including a ground contacting surface, the inner member having a softer durometer than the outer member.

2. The shoe outsole of claim 1 wherein the inner member contains a liquid.

3. The shoe outsole of claim 1 wherein the inner member contains a gas.

*Sub B4.* The shoe outsole of claim 1 wherein the inner member extends to within about 2 mm of a back edge of the shoe outsole.

5. The shoe outsole of claim 1 wherein the outer member includes an intermediate region, an intermediate member being located in the intermediate region and having a softer durometer than the outer member.

*Mr 46* The shoe outsole of claim 5 wherein the intermediate member extends to within about 1.5 mm of a front edge of the shoe outsole.

7. The shoe outsole of claim 5 wherein the intermediate member extends to within about 2 mm of a back edge of the shoe outsole.

8. The shoe outsole of claim 1 wherein the outer member includes a back wall having a rounded contour extending smoothly between a horizontal plane and a vertical plane.

**9. A shoe outsole, comprising:**

a member including a lower forefoot region, and an upper surface including an opposite, upper forefoot region;

a plurality of grooves defined in the lower forefoot region; and  
a plurality of grooves defined in the upper forefoot region.

10. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region are substantially parallel.

1           11. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region  
2 are substantially parallel.

1           12. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region  
2 have a depth of about 2 mm.

1           13. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region  
2 have a depth of about 1 mm.

1           14. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region  
2 have a width of about 2.5 mm.

1           15. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region  
2 are generally transverse to a longitudinal axis of the shoe outsole.

1           16. The shoe outsole of claim 15 wherein the grooves in the lower forefoot region  
2 are substantially perpendicular to the longitudinal axis of the shoe outsole.

1           17. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region  
2 are generally transverse to a longitudinal axis of the shoe outsole.

1           18. The shoe outsole of claim 17 wherein the grooves in the upper forefoot region  
2 are substantially perpendicular to the longitudinal axis of the shoe outsole.

1           19. The shoe outsole of claim 9 wherein at least some of the grooves in the lower  
2 forefoot region extend to both side edges of the shoe outsole.

1           20. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region  
2 extend toward a front edge of the shoe outsole beyond a ground engaging portion of the  
3 lower forefoot region when flat footed.

1           21. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region  
2 extend to within about 1.5 mm of a front edge of the shoe outsole.

1           22. The shoe outsole of claim 9 wherein the lower forefoot region includes a  
2 plurality of ridges.

1           23. The shoe outsole of claim 22 wherein at least some of the ridges are  
2 interdigitated with the grooves in the lower forefoot region.

1           24. The shoe outsole of claim 9 wherein the member includes a back wall having  
2 a rounded contour extending smoothly between a horizontal plane and a vertical plane.

1           25. The shoe outsole of claim 9 wherein the member includes an inner heel  
2 region, the shoe outsole further including an inner member located in the inner heel region  
3 having a softer durometer than the member.

1           26. A shoe outsole, comprising:  
2           a member having a ground contacting surface including a toe region; and  
3           a plurality of grooves defined in the toe region, at least one of the grooves extending  
toward a front edge of the shoe outsole beyond a ground engaging portion of the toe region  
when flat footed. 

1           27. The shoe outsole of claim 26 wherein the grooves have a depth of about 2  
mm.

1           28. The shoe outsole of claim 26 wherein the grooves extend to within about 3  
mm of the front edge of the shoe outsole. 

1           29. The shoe outsole of claim 26 wherein the grooves are substantially parallel.

1           30. The shoe outsole of claim 26 wherein the grooves extend toward side edges of  
the shoe outsole.

1           31. The shoe outsole of claim 26 wherein the grooves are generally transverse to a  
longitudinal axis of the shoe outsole.

1           32. The shoe outsole of claim 31 wherein the grooves are substantially  
perpendicular to the longitudinal axis of the shoe outsole.

1           33. The shoe outsole of claim 26 wherein the member includes a back wall having  
2 a rounded contour extending smoothly between a horizontal plane and a vertical plane.

1           34. The shoe outsole of claim 26 wherein the member includes an inner heel  
2           region, the shoe outsole further including an inner member located in the inner heel region  
3           having a softer durometer than the member.

1           35. A shoe outsole, comprising:  
2           a member including a forefoot region;  
3           a plurality of substantially parallel grooves located in the forefoot region; and  
4           a plurality of substantially parallel ridges, at least some of the ridges being  
5           interdigitated with the grooves.

1           36. The shoe outsole of claim 35 wherein the ridges are located at ground  
2           contacting regions of the forefoot region.

1           37. The shoe outsole of claim 35 wherein the grooves and the ridges are  
2           substantially parallel to each other.

1           38. The shoe outsole of claim 35 wherein the grooves have a depth of about 2  
2           mm.  
3           A

1           39. The shoe outsole of claim 35 wherein the ridges have a depth of about 1 mm.

1           40. The shoe outsole of claim 35 wherein the grooves are generally transverse to a  
2           longitudinal axis of the shoe outsole.

1           41. The shoe outsole of claim 40 wherein the grooves are substantially  
2           perpendicular to the longitudinal axis of the shoe outsole.

1           42. The shoe outsole of claim 35 wherein the ridges are generally transverse to a  
2           longitudinal axis of the shoe outsole.

1           43. The shoe outsole of claim 42 wherein the ridges are substantially  
2           perpendicular to the longitudinal axis of the shoe outsole.

1           44. The shoe outsole of claim 35 wherein the member includes an inner heel  
2           region, the shoe outsole further including an inner member located in the inner heel region  
3           having a softer durometer than the member.  
4           which

1           45. The shoe outsole of claim 35 wherein the member includes a back wall having  
2 a rounded contour extending smoothly between a horizontal plane and a vertical plane.

1           46. A shoe outsole, comprising:  
2           a member having a ground contacting surface, an upper surface, and a side wall  
3 joining the ground contacting surface and the upper surface;  
4           the side wall including a back wall having a rounded contour extending smoothly  
5 between a horizontal plane and a vertical plane.

1           47. A shoe outsole, comprising:  
2           an outer member including an intermediate region and an inner heel region;  
3           an intermediate member located in the intermediate region and having a softer  
4 durometer than the outer member, the intermediate member including a plurality of ridges,  
5 and  
6           an inner member located in the inner heel region and including a ground contacting  
7 surface, the inner member having a softer durometer than the outer member.

1           48. A shoe outsole, comprising:  
2           an outer member including an inner heel region, a lower forefoot region, an opposite  
3 upper forefoot region, and a back wall, the back wall having a rounded contour extending  
4 smoothly between a horizontal plane and a vertical plane;  
5           an inner member located in the inner heel region and including a ground contacting  
6 surface, the inner member having a softer durometer than the outer member;  
7           a plurality of substantially parallel grooves defined in the lower forefoot region and at  
8 least one of the plurality of grooves extending toward a front edge of the shoe outsole beyond  
9 a ground engaging portion of the lower forefoot region when flat footed;  
10          a plurality of substantially parallel grooves defined in the lower forefoot region;  
11          a plurality of substantially parallel ridges included in the lower forefoot region, at  
12 least some of the ridges being interdigitated with the grooves in the lower forefoot region;  
13 and  
14          a plurality of substantially parallel grooves defined in the upper forefoot region.